

The ToxGuide™ is developed to be used as a pocket guide. Tear off at perforation and fold along lines.

## Sources of Exposure

### General Populations

- You normally take in small amounts of arsenic in the air you breathe, the water you drink, and the food you eat. Of these, food is usually the largest source of arsenic.
- Some areas of the United States contain unusually high natural levels of arsenic in rock, and this can lead to unusually high levels of arsenic in soil or water. If you live in an area like this, you could take in elevated amounts of arsenic in drinking water. Children may be taking in arsenic from dirt because of hand to mouth activity.
- Some hazardous waste sites contain large quantities of arsenic. If the material is not properly disposed of, it can get into surrounding water, air, or soil. If you live near such a site, you could be exposed to elevated levels of arsenic from these media.
- If you saw or sand arsenic-treated wood, you could inhale some of the sawdust into your nose or throat. Similarly, if you burn arsenic-treated wood, you could inhale arsenic in the smoke.

### Occupational Populations

- Arsenic production or use (for example, copper or lead smelting, wood treating, or pesticide application).

## Toxicokinetics and Normal Human Levels

### Toxicokinetics

- Both arsenate and arsenite are well absorbed by both the oral and inhalation routes. Absorption by the dermal route has not been well characterized, but is low compared to the other routes.
- Once absorbed, arsenates are partially reduced to arsenites, yielding a mixture of As(+3) and As(+5) in the blood.
- The As(+3) form undergoes enzymic methylation primarily in the liver to form monomethyl arsonic acid (MMA) and dimethyl arsinic acid (DMA). The rate and relative proportion of methylation production varies among species. The rate of methylation may also vary among tissues.
- Most arsenic is promptly excreted in the urine as a mixture of As(+3), As(+5), MMA, and DMA. Smaller amounts are excreted in feces.

### Normal Human Levels

#### *Blood*

Average in nonexposed humans <1 µg/L

#### *Urine*

Average in nonexposed humans <100 µg/L

#### *Nails*

Normal levels in nails is 1 ppm or less

#### *Hair*

Normal levels in hair is 1 ppm or less

## Biomarkers / Environmental Levels

### Biomarkers

- Arsenic is cleared from blood within a few hours. Typical values in nonexposed individuals are less than 1 mg/L (1ppm). Blood levels do not appear to be reliable indicators of chronic exposure to low levels of arsenic.
- Arsenic that is absorbed from the lungs or the gastrointestinal tract is excreted in the urine, mainly within 1–2 days.
- Numerous studies have used above-average urinary levels (i.e., higher than about 100 µg/L) as evidence of recent arsenic ingestion.

### Environmental Levels

#### *Air*

- 1-3 ng/m<sup>3</sup> in remote locations
- 20-100 ng/m<sup>3</sup> in urban areas

#### *Sediment and Soil*

- 1-40 mg/kg in soil, with a mean of 5 mg/kg

#### *Water*

- < 10 µg/L

### Reference

Agency for Toxic Substances and Disease Registry (ATSDR). 2005. Toxicological Profile for Arsenic (Draft for Public Comment). Atlanta, GA: U.S. Department of Health and Human Services, Public Health Services.

# ToxGuide™ for Arsenic

## As

CAS# 7440-38-2

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U.S. Department of Health and  
Human Services  
Public Health Service  
Agency for Toxic Substances  
and Disease Registry  
[www.atsdr.cdc.gov](http://www.atsdr.cdc.gov)

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## Chemical and Physical Information

### Arsenic is a metalloid

- Elemental arsenic is ordinarily a steel grey metal-like material that occurs naturally.
- Arsenic combined with other elements such as oxygen, chlorine, and sulfur is called inorganic arsenic.
- Arsenic combined with carbon and hydrogen is referred to as organic arsenic.
- Understanding the difference between inorganic and organic arsenic is important because some of the organic forms are less harmful than the inorganic forms.
- Most inorganic and organic arsenic compounds are white or colorless powders that do not evaporate. They have no smell, and most have no special taste.
- Arsenic is no longer produced in the United States; all of the arsenic used in the United States is imported.
- Inorganic arsenic compounds were predominantly used as a pesticide, primarily on cotton fields and in orchards. Inorganic arsenic compounds can no longer be used in agriculture.

## Routes of Exposure

- Inhalation (breathing).
- Ingestion (eating or drinking).
- Dermal (skin) contact.

### Arsenic in the Environment

- Arsenic is an element that is widely distributed in the Earth's crust.
- Inorganic arsenic occurs naturally in soil and in many kinds of rock, especially in minerals and ores that contain copper or lead.
- Arsenic cannot be destroyed in the environment. It can only change its form, or become attached to or separated from particles.
- Arsenic that is attached to very small particles may stay in the air for many days and travel long distances.
- Arsenic can get into lakes, rivers, or underground water by dissolving in rain or snow or through the discharge of industrial wastes.

## Relevance to Public Health (Health Effects)

Health effects are determined by the dose (how much), the duration (how long), and the route of exposure.

### Minimal Risk Levels (MRLs)

#### Oral

- A provisional MRL of 0.005 mg/kg/day has been derived for acute-duration (14 days or less) oral exposure to inorganic arsenic.
- An MRL of 0.0003 mg/kg/day has been derived for chronic-duration (365 days or more) oral exposure to inorganic arsenic.

### Health Effects

- Inhalation of inorganic arsenic may cause respiratory irritation, nausea, skin effects and increased risk of lung cancer.
- Oral ingestion of inorganic arsenic may cause nausea, vomiting, and diarrhea following acute high dose exposure. Other effects include cardiovascular effects and encephalopathy.
- Long term oral exposure to low levels of inorganic arsenic may cause dermal effects such as hyperpigmentation and hyperkeratosis; corns and warts; peripheral neuropathy characterized by a numbness in the hands and feet that may progress to a painful "pins and needles" sensation.
- Chronic oral exposure to inorganic arsenic may cause increased risk of skin cancer, bladder cancer, and lung cancer.

### Children's Health

- Children who are exposed to high levels of arsenic exhibit symptoms similar to those seen in adults, including respiratory, cardiovascular, dermal, and neurological effects, and vomiting if the arsenic is ingested.
- Ingestion of arsenic in dirt through hand-to-mouth activity may be an important route of exposure for young children.
- There is some evidence that metabolism of arsenic in children is less efficient than in adults.